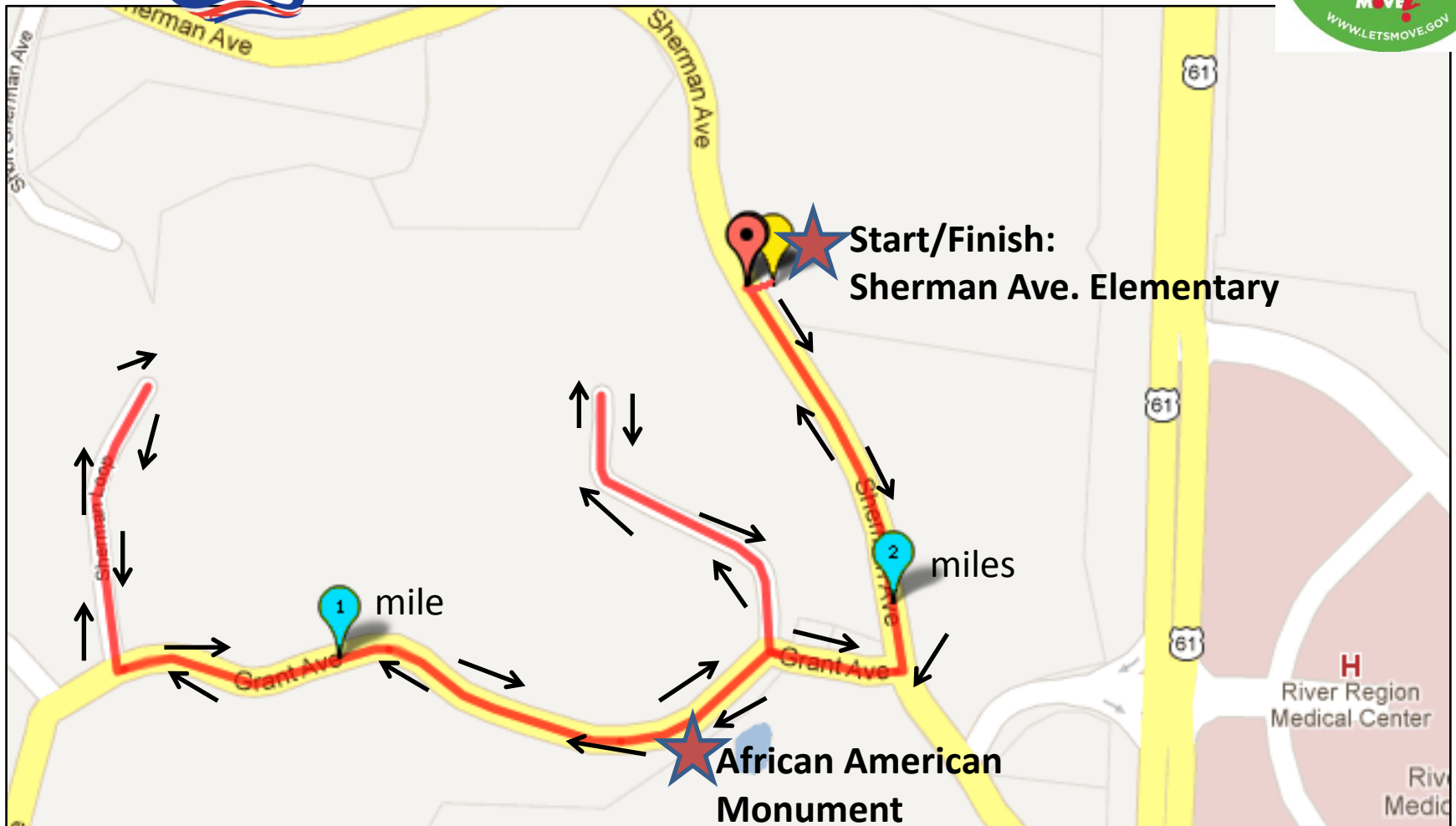


# 3<sup>rd</sup> Annual Black History Month Walk – African American Monument



Route marked in red.  
Approximate distance 2.58 miles



Our SHARED history. Our SHARED community. Our SHARED health.



## Did You Know...?

---



- Of the more than 1,300 monuments in the park, the African American Monument is the first to honor black troops, and the first tribute of its type honoring African American soldiers placed in any of the Civil War battlefields administered by the National Park Service.
- Groundbreaking for the African American Monument was held on September 20, 2003, with dedication of the memorial on February 14, 2004.
- Regular exercise in nature has been shown to improve children's physical and mental health: outdoor activity helps kids maintain a healthy weight, boosts their immunity and bone health, and lowers stress?
- Research shows that people who engage in outdoor activities as children are more likely to sustain these activities as adults?
- Frequent exposure to the outdoors at a young age helps instill an appreciation for nature and cultivates an ethic of stewardship?
- Shape Up Vicksburg is a grassroots movement to make the City of Vicksburg the fittest in the nation? The Shape Up Vicksburg program is designed to create a new way of life that can be maintained over time.
- In addition to being a great place to get active outdoors, Vicksburg National Military Park includes over 1350 historic monuments and markers, 20 miles of reconstructed trenches and earthworks, a 16 mile tour road, antebellum home, 149 emplaced cannon, restored Union gunboat, the U.S.S. Cairo, and Vicksburg National Cemetery?

For more information and activities with Shape up Vicksburg, visit: [www.shapeupvicksburg.com](http://www.shapeupvicksburg.com)

To learn more about the Let's Move Outside initiative, visit: [www.letmove.gov](http://www.letmove.gov)

For more information on Vicksburg National Military Park, visit: [www.nps.gov/vick](http://www.nps.gov/vick)